WOODSY OWL ON HIKING AND BACKPACKING

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WOODSY OWL ON HIKING AND BACKPACKING

PLAN YOUR TRIP

Before your hike, study maps of the area, get permits if necessary, and learn the terrain. Be familiar with all options--time, alternative routes, and weather. Keep in mind the shorter daylight hours of fall and winter.

LIMIT THE SIZE OF YOUR GROUP

Limit your group to a size a leader can safely handle and that won't damage backcountry sites. One leader for eight hikers is recommended.

HELP PRESERVE NATURE'S GROUND COVER

Bring tent poles and ground pad. Help keep the natural beauty by not cutting boughs and poles. Pick a camping site where you won't need to clear vegetation or ditch around your tent. Remember even minor use can damage a boggy meadow.

PACK IT IN — PACK IT OUT

If you can carry it in, you can carry it out. Go one step further and carry out trash that less thoughtful people have left behind.

USE A PORTABLE STOVE

Many popular areas do not have enough wood for every camper to have a wood fire. Follow the stove manufacturer's instructions for safe operation.

IF YOU MUST HAVE A CAMPFIRE

Keep it safe and small! Shelter your fire from high winds and keep away from logs, brush, and tree trunks. Clear the ground to mineral soil. Make sure it is DEAD OUT before leaving. Be sure you have necessary permits.

KEEP THE WATER SUPPLY CLEAN

Please don't wash in it. Wash dishes and yourself away from and below all sources of drinking water. Dispose of waste water away from lakes, streams, and springs. Boil or treat water before drinking it.

DISPOSING OF HUMAN WASTE

Stay at least 100 feet from any water. Dig a small hole about 8 inches deep. Cover it with loose soil and sod after using.

CARRY EXTRAS

Carry extra warm clothing such as windbreakers, wool jackets, hats, and gloves. Keep extra high-energy foods like hard candies, chocolate, dried fruits, or liquids accessible. Don't overload yourself—but be prepared for emergencies.

INSURANCE ITEMS ARE A MUST

Travel with a first aid kit, map, compass, whistle, and guidebook. Know how to use them.

TELL OTHERS WHERE YOU ARE GOING

Always leave your trip plan with a member of your family or a close friend.

MISHAPS ARE RARE, but—

They do happen. Should one occur, remain calm. In case of an accident, someone should stay with the injured person. Notify the nearest State, local, or Federal law enforcement office for aid.

If you become lost, stay where you are and keep warm. If a group member becomes lost, remember a description of how the person was dressed, and the time and location where the person was last seen.

GIVE A HOOT...DON'T POLLUTE!

(Recycle these guidelines and give them to a friend.)

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